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Go Exploring
A day paddle on Centre Lake in Highlands East.
See page 2 and 3.

Out with the Old
Check out Maybelle's Fire Side story.
See page 4.

Self-regulation
The art of keeping yourselft together.
See page 10.

Pockets shows Senna Ernst the finishing touches of her face paint design last year at Colourfest. See more information on page 5. /FILE

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Naturally Yours

Several rocky outcrops on Centre Lake make for great camping or picnic lunch sites. /Submitted by Rick Whitteker

Centre Lake - A daytripper's dream

RICK WHITTEKER
Special to *County Life*

Have you ever driven by a place, caught a glimpse of pristine water and rocky outcrops and felt the urge to go exploring? Brief glances that entice and inspire the imagination to wonder what's around the bend of that shoreline? Well, I recently acted on one of these urges and decided to go for a paddle on Centre Lake in Highlands East.

The put in is directly off Highway 118, east of Tory Hill and just west of Cardiff. Due to the shape of the lake, a short paddle is all that is needed to make the road sounds fade to a whisper. Visiting on a blustery summer day, the lake is just big enough to allow groups find seclusion yet not so big to produce crashing waves. Looking at a map of the lake, I wondered what natural forces created such a distinctly shaped body of water.

With large and small islands, rocky outcrops, coma-shaped peninsulas, tight narrows and bays filled with aquatic plants, these attributes make for a fine lake to paddle. There are nooks and crannies to explore and a long arm running east west off the main body of the lake shelters paddlers from prevailing winds on breezy days.

Super canopy white pines pierce the horizon near the boat launch but a variety of tree species grace the perimeter of this gem. Rocky sections support pure stands of red pine and sugar maples dominate the hill-sides all around the shoreline making this a must-see colourful destination for a fall paddle.

The water in Centre Lake is tea coloured. Not to be confused with pollution or suspended sediments, the water is high in tannins, a naturally occurring chemical compound found in most plants. When plants decay, tannins leech out, like a tea bag steeping in a mug.

With several creeks flowing into the lake from wet-lands and bays with aquatic plants, the result is dark water, perhaps slightly acidic but harmless to fish, peo-ple and other wildlife. In fact, due to the added bacte-ria in tannin-coloured lakes, elevated phosphorus lev-els are much less likely to develop into dreaded algae blooms.

A quiet paddle into one calm bay dominated by cat-tail, lilies and pickerel weed resulted in some inter-esting wildlife viewing. A belted kingfisher flew by displaying its classic erratic wing beat. Surface feed-ing fish left a wake of radiating swirls like an unseen pebble drop. A stealthy great blue heron waded in the

see page 3

County Life

The following inserts are being distributed with County Life this week:

Foodland *
Godfather's Pizza *
Minden Valumart *
Rexall *
Shoppers Drug Mart Haliburton *
Todd's Independent *

All inserts are to selected distribution areas.

For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Naturally Yours

A heron's lift off is a gangly blend of skinny, broad and bent body parts. /Photo by Tammy Nash

from page 2

shallows.

As a hunter, the great blue heron epitomizes the saying, "everything comes to those who wait." With statue-like stillness and long legs resembling plant stalks, their S-shaped neck and dagger-like bill act like a spring-loaded spear thrusting forward with lightning speed-bad news for frogs, fish, snakes and other aquatic creatures.

Herons are also known to hunt on land. A friend told me that he watched a heron on top of a new septic bed at his cottage. From his living room window, the heron was spotted waiting patiently behind small holes dug in the sand, harpooning chipmunks as they ventured out from their new homes in the soft soil!

There were two herons hunting in the shallows at the north end of Centre Lake. They flew off as our presence persuaded them to move to a quieter neighbourhood. Their flight evokes images of the primordial past. Slowly ascending from the water's surface, this bird's lift off is a gangly blend of long, lanky legs, heavy wing flaps and a drainage pipe bend in their long neck. It is an enduring image of an awkward looking but well adapted bird.

There were a few groups camping on the lake the day we paddled. The campsites looked great, often elevated and flat with a firepit. An easy and accessible getaway, Centre Lake is a well known by locals and a wonderful destination for anglers, kayakers and canoeist for day trips and overnight camping. The convoluted shape of the lake lends itself to finding private space and a good picnic lunch spot.

With only two permanent structures seen on our paddle, Centre Lake is unique: accessible, beautiful but still largely undeveloped. Often bypassed on route to travel to other destinations, just a glimpse of the lake hints of splendour and our visit did not disappoint.

ColourFest

Free family fun in Head Lake Park!

Head Lake Park, Haliburton
Saturday, September 28, 2024
11 AM to 3 PM

Face Painting
Inflatable Games
Games
Local Vendor Market
Mask Creation
Haliburton Highlands Museum
Treats
Rotary Club of Haliburton
Plien Air
Rails End Gallery & Arts Centre
Storytime
Haliburton County Public Library
Classic Car Show
Haliburton Highlands Time Travellers
Activities
Local Groups & Businesses
Pumpkin Rolling Contest
Rotary Club of Haliburton
11AM - 2:15PM: Register & pick your free pumpkin
2:30PM: Rolling contest starts on York St

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www.dysartetal.ca/colourfest

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Out with the old, in with the new, don't tcha know

Maybelle's **Fireside stories**

DEAR READER,

Why, if 'ol Maybelle didn't open my medicine cabinet last night when a bottle of *bright red* nail polish comes hurtling off the shelf, cracks open on the porcelain sink at my belly, and splats all over my treasured valour pullover gifted to me by my oldest, closest friend, Florrie, don'tcha know. I was gobsmacked. Not my gift from Florrie

So, I grab a bottle of nail polish remover and cotton pads and start ferociously rubbing as much of that polish off as I can from my newly minted abstract. Well, it still wasn't completely off, and it did smell something fierce, which caused ol' Maybelle's nostrils to flare all dragon-like, and Bogart my bear to go running out the door and into the woods.

Here's the thing. I used that nail polish *once*, just once, a couple of years ago for a Halloween party, don'tcha know. It was Vilma Yuucch's idea. "Maybelle," she said, "if you're going as a ripe red pepper then you got to paint your fingernails RED!"

"My fingernails?", I said. "But red peppers don't have fingernails, and they don't wear nail polish!"

Then, in a blink, Vilma whips out that bright red polish from her purse and comes at me on a mission. But this story is not about nail polish.

I realized that I had old stuff in my medicine cabinet that I didn't need, would probably never use and that was taking up *space*. The reason that polish came hurtling out in the first place, is because it stood in an awkward position, pushed to the edge of the shelf by a whole gang of other never-to-be-used-again products, some whose expiry date was older than me!

It was time to throw things out. And it didn't stop at my medicine cabinet where ol' Maybelle carefully investigated the cargo. What's this? Rheingart Hinklebender's Extra Strong Wrinkle filler? Yeah, a lot of good that did, Maybelle!

I read another label: Dr. Fullofmisters's Best-ever Bunion Buster. Hmm. Angel Foster's scent-free perfume. Why, that garbage bag was filling up like rain in August, don'tcha know.

And it was the same with my clothes closet and kitchen cupboards. If you didn't know me better, you would have walked into my cottage, seen all those bags and boxes overflowing with *stuff*, and thought ol' Maybelle was moving. Well, I was.

I was moving old stuff out to make space for the new … whatever that might turn out to be. And, boy, did a light go on in ol' Maybelle's noggin: Just like old material stuff that doesn't serve me anymore, I've got bags and bags and bags of old thoughts that don't serve me, either.

So, guess what? Ol' Maybelle started throwing out that stuff, too. Just letting go of stuff when I'd think of it. Goodbye. Sayonara. See ya, don't want to be ya. Happy memories, you can stay, of course. I'm talking about letting go of angry thoughts, sad thoughts, thoughts that make me unhappy.

My new job: Making more space in my noggin for new thoughts – happy thoughts like pumpkin pie for Thanksgiving – and new dreams. Yes, Dear Reader, dreams. Dreams are not just for the young, they're for the young at heart, too. You and me and anyone who, after a good de-cluttering, can have space once again … to dream the impossible dream, don'tcha know.

Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories, and "Vessie Flamingo Outshining the Moon" (a novel) is now available at www.amazon.com.

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Celebrate autumn at ColourFest

Celebrate the beauty of autumn at the Municipality of Dysart et al's free, family-friendly ColourFest.

Take part on Saturday, Sept. 28, from 11 a.m. to 3 p.m. at Head Lake Park, Haliburton, for a day filled with fun, entertainment, and community spirit!

This year's ColourFest promises to be more exciting than ever, with a variety of activities for all ages:

- Face painting by Pockets the Clown
- Inflatable games, including axe throwing and basketball
- Classic carnival games like cornhole and more
- Activities offered by Fleming College and the MNRF
- A scarecrow mask craft hosted by the Haliburton Highlands Museum
- A bustling local vendor market
- Storytime and craft at the Dysart Branch of the Haliburton County Public Library
- Treats for the sweet tooth, cotton candy by the Rotary Club of Haliburton
- Hot dogs and drinks for sale by the Rotary Club of Haliburton
- A showcase of classic cars by the Haliburton Highlands Time Travellers
- A showing of Plien Air art at Rails End Gallery and Arts Centre

The crowd-favourite pumpkin rolling contest brought to you by the Rotary Club of Haliburton: register and pick out your pumpkin between 11 a.m. and 2:15 p.m., the roll starts at 2:30 p.m. on York Street

Andrea Mueller, Manager of Programs and Events for the Municipality of Dysart et al, shares her excitement: "ColourFest is truly a highlight of our fall season. It's a wonderful opportunity for families to come together and enjoy the beauty of autumn in our community. We're thrilled to offer such a diverse range of activities that everyone can enjoy."

Whether you're a local resident or visiting the area, ColourFest is the perfect way to embrace the fall season in the heart of Haliburton. Don't miss out on this day of fun and festivities in Head Lake Park.

For more information and updates, please visit www.dysartetal.ca/colourfest.

Submitted

Children ages six to 9 push off their pumpkins down the hill on York Street during the pumpkin rolling contest hosted by the Rotary Club of Haliburton at ColourFest. /FILE

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Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

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Journeys

The story of the history of the Highlands is a story full of journeys – including the many journeys which have brought people to this corner of the world at different times in its history. Like me, you may have heard some jokes about how long you need to live in the Highlands before you're considered a "local". I've heard figures which have included three generations of family history and one hundred years! Today, our community is made up of such a wonderful mix of people, including some who do have history in the area reaching back many generations, as well as more recent arrivals. Some of those more recent full-time residents may have known and loved the Highlands for many years, either as cottagers or visitors, while others may have made the choice to settle here on a whim. While journeys may have been a constant, exactly what they looked like has varied a bit over the years.

While journeys may have been a constant, exactly what they looked like has varied a bit over the years. I was recently reading an account of a journey from London, England to Haliburton that was published first in 1868. (It later appeared in Harley Cummings book *Early Days* in Haliburton). While we, of course, know that such a journey would have been a more daunting undertaking in 1868 than in 2024, we might not at first truly realize the scope of the travel that was involved. The author of the account, Charles Landy MacDermott, had made the choice to cross the Atlantic by sail, rather than steam, and this added significantly to his journey. If the winds were favourable, it might be a trip of three weeks, but in MacDermott's case, calm weather meant that his journey took nearly sixty days! He chose to travel via the United States, sailing to New York, but many other settlers from Britain who travelled to the Highlands in the same era would have chosen a route which would have brought them to the area via Halifax and/or Montreal.

Once you arrived in North America, the journey to the Highlands was far from over, and the rest of the journey often needed to be made in jaunts and spurts, depending on the availability and schedules of different modes of transportation. Trains and stagecoaches would provide useful connections when available, but they frequently took longer than travelers today would be used to. For instance, trying to get from Port Hope to Peterborough in the 1860s might take five and half hours. If you were coming to Minden from Bobcaygeon, the stagecoach which connected the two settlements only ran three times a week. It's no wonder that a proliferation of hotels and boarding houses were to be found in most communities in the 19th century, as you never know when and where you might need a spot to spend the night! If your final destination was Haliburton, the last part of your journey (before the construction of the Lindsay to Haliburton railway line) was likely to have been by water, travelling up the five-lake chain. On arrival, you had to hope that the timing was right – that you had missed the worst of the blackflies and mosquitos, but that you still had enough time to settle in before winter took hold.

It might have made for a bit of a rough start, but there were new neighbours and community members willing to lend a hand and provide a welcome. Let's make sure we always keep that welcoming sense of community strong!

Top 10 hints that you are not a good singer

MOST PEOPLE like to sing. But that's only because almost everyone thinks they are a good singer. Unfortunately, the truth is that many of us couldn't even carry a tune in a bucket. Not sure if that's you? Here are the top 10 indicators that you might not be as good a singer as you think.

STEVE GALEA
Humour Columnist

1. Someone always tries to do the Heimlich maneuver on you between verses.
2. Paramedics take you away for an emergency tonsillectomy.
3. Recording equipment malfunctions whenever you are near.
4. Coyotes immediately stop howling and leave the vicinity.
5. Audiologists send you restraining orders.
6. Your municipality creates noise-by-laws that specifically reference you.
7. Everyone else quits the choir.
8. People ask you to delay your Christmas carolling till January.
9. Everyone is trying to get you to take a vow of silence.
10. Your spouse soundproofs the shower.

Milkweed

Flutters of fall, floating through Air,
as leaves loosen from their trees, breeze, soft as milkweed seeds, splitting the skin of their pod,
bursting into the world of Air and light after being sealed in darkness, deeper than Night,
how silky, as my fingers feel the milky fluff, clinging to the stalks of hollow pods,
their husks, brittle and grey, one pod, still swollen, the seeds, sleeping beneath its pale green skin,
the beginning of fall still feeling like summer, as I inhale Air, warm as fur,
my fingers lingering by the cluster of milkweed husks, springing from the side of the trail,
grazing the swollen belly of the pod that hasn't burst yet, tempted to slit it open with the nail of my pinky,
but I leave it be, to ripen in peace, scooping up one of the hollowed pods,
that's fallen to the ground, instead,
cradling the brittle husk in my palm, wondering how many days of summer Air are left,
as I watch a crimson leaf flutter to the ground, landing face down in the middle of the trail,
where feet and bicycle tires will stroll and roll over it, where Rain will plaster its face to the earth,
where more leaves will fall, and the lone leaf will lie in a puddle with its con-freres,
untethered from their trees.
I lay the ashen husk alongside other ones, crumpling to dust on the ground,
milkweed fluff clinging to one of the husks, that Wind didn't carry away,
a few silken strands caught on the tops of blades of tall grasses,
and I wonder where they will land, planting their seeds,
my fingers scooping up a clump of fluff, from a pod still dangling from its stalk,
the softness of summer, as it curls into fall, nestled in my palm, its last breaths, silky as milkweed,
as the breeze of my Breath blows onto them, and they float through Air,
passing leaves on their descent towards the ground,
patches of the world beyond this trail, rasping and gasping for Breath,
as they grasp for seeds of peace to scatter like milkweed,
before darkness falls, deeper than Night.

Sylvie Kalenda

Losing wait

DEBORAH J REED
Special to *County Life*

No typo here.

We all lose 'the wait' when we're aiming for something ahead of us. Retirement. Partnership. Graduation. Giving birth.

Not necessarily in that order …

Becoming a senior is an especially weird waiting game. I guess I was always aiming for this. My appreciation for irony and wordplay is a wry convenience as I consider what's ahead. I feel like a plane taxiing on a runway. My turn accordingly. Time flies when you're having life. Kids grow so quickly. Well, so do seniors.

If growth is the ticket, wisdom's the diploma. With senses wide-open, including our intuitive 'sixth sense', we cultivate awareness over a lifetime. Elders inevitably start quoting the very nuggets their own elders once spouted. Kids might resist our preaching, but every old-school proverb ultimately represents life's wisest rules and guidelines.

'All that glitters isn't gold.' 'All the world's a stage, and all the men and women merely players' ('As You Like It'; William Shakespeare). 'You win some, you lose some.' 'You can't always get what you …' 'You can't judge a book by…' 'Patience is …' 'Do unto others as …'

Heck. I don't even need to finish these. That final adage was even printed on my wooden school ruler. I'm sure it applies equally across pretty much every other global faith and culture.

For me, 'Patience is a virtue' resonates most. Once I 'lose the wait', its remarkable anticipation is also lost. Modelling perfect 'adulting' can sometimes feel impossible, especially when kids witness our awkward coping mechanisms while they simultaneously navigate their own wilderness. Honest dialogue with everyone could help normalize the 'snakes and ladders' nature of life. Share your words. Be real. Respect your elders. Listen better. Enjoy the wait. Because 'time waits for no-one.'

Fill in time. The satisfactions of waiting and of patience under stress are some of time's proudest achievements. And when each waiting period is complete, we toss the dice again. As with good recipes or latest blockbusters, a human appetite for meaning stays alert for more of the same. Next directions. Different energies. Alternative perspectives. Unexpected friendships.

'Something's lost, but something's gained / In living every day' ('Both Sides Now'; Joni Mitchell).

I've always marvelled at precocity and wisdom in youth. William Shakespeare began writing plays when he was about 25, and some of Joni Mitchell's best paeans to experience began developing at age 21. They both felt the wistful pace of time, of 'win and lose', of waiting, grieving, seeing, responding. Both felt the call to share, to achieve, to deeply understand life itself. They used poetry to represent their own wide-open senses, bittersweet ironies they encountered while exploring loneliness, confusion, love, hope, and a poignant appreciation of how defeating - and funny - everybody's journey often is.

It might be risky to compare Shakespeare with Joni, but we revere both as wise tangible poets. She's still living, and he, still quoted after over 400 years. Milestones loom on everyone's horizons. We're patient. We wait. *and* lose.'

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Community Events

Send your event listing to classifieds@haliburtonpress.com

Go Wild 4 Wildlife - Fun'Raiser for Woodlands Wildlife Sanctuary

When: Friday, Oct. 11, 1:30 to 7 p.m.
Where: Sir Sam's Ski Resort, Eagle Lake
Join us for a great afternoon of fun, food and friends. Enjoy a scenic chairlift ride up to the new observation tower for a panoramic view. Bid on our awesome silent auction. Enjoy great music, a wildlife animal show, and interesting presentations. Meet a turtle, pet a porcupine and test your wildlife knowledge in our game show. For tickets, go to our website at www.woodlandswildlifesanctuary.ca/event-list or call us at 705 286-1133. We hope to see you there!

Recurring events

Scottish Country Dancing

When: Classes start Mon. Sept. 16 from 7:15 to 9:15 p.m.
Where: Fellowship Room of Haliburton United Church
10 George St.
Beginners absolutely welcome!
No experience or partner needed!
Please wear clothing you can move freely in and indoor (preferably soft-soled) shoes. Classes are $10 cash/class or register for the whole term for $110 (cash or e-transfer). Email haliburtonscottishcountrydance@gmail.com for more info or to register.

Weekly Meat Rolls

When: Every Saturday, 3 p.m.
Where: Coboconk Legion, Hwy 48 & 35
Join us for our weekly meat draw at the Coboconk Legion. 5 spins for $10. The first 4 rounds are for highest and lowest score with 2 winners per round. The last round is for a prepare-it-yourself dinner for two. Additional spins for this round are available for $2 each. Call (705) 454-8127 or email info@coboconklegion.ca for more information.

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

Creative Collaborations

When: Tuesdays at 1 p.m.
Where: St. George's Anglican Church. 617 Mountain Street
Join us for the Creative Collaborations craft group. Share your skills. Learn new skills. Bring your own project or work on the featured project. Tuesdays at 1 pm at St. George's Anglican Church. Beginners Welcome. Contact lynnhiggsthompson@haliburtonanglican.ca for details.

Lakeside Church Service

When: Sunday at 9 a.m. and 10:45 a.m.
Where: 9 Park Street, Haliburton.
Whoever you are, wherever you've been, you are welcome here.

Seniors Chair Exercises

When: Thursdays at 1 p.m.
Where: St. George's Anglican Church, 617 Mountain Street
Please join us for safe and gentle exercises for seniors to help with balance, strength and flexibility. Free to join.

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BOBCAYGEON ROAD $115,000

Beautiful building lot on the corner of Hwy#118 and Bobcaygeon Rd. 5.93 acres - 406 ft. on hwy - 787 ft on Bobcaygeon Rd. - picturesque pond - good building sites on east side of pond - property is off grid - close to 1000's of acres of crown land

Ted Vasey
Sales Representative
705-455-2034
ted@tedvasey.ca

The art of keeping yourself together

The term 'self-regulation' is popular these days. Chances are you've heard it a number of times lately, especially if you have a child in school or if you work with children and families.

Self-regulation refers to the management of our own thoughts, body language, and emotions – essentially, it's the art of keeping yourself together. And although self-regulation is a hot topic for kids, adults need it too, especially those who grew up without the tools and knowledge we have now.

Decision-making is often one of the biggest obstacles to good self-regulation. Regardless of our age, most would agree that having to make too many decisions in a day can make us feel depleted. What are some things you can do to help make decision-making easier?

For children – can they put their clothes out the night before? Can caregivers remind them what the routine is and what to expect? What personal choices can caregivers encourage them to make that are empowering, but not overwhelming? (Cereal or toast? Sneakers or dress shoes?) Whatever decisions you can help children and youth make earlier on can help their focus during the day and give them more of a reservoir. It's also important to think about food – what can they eat during the day to help them regulate their blood sugar, and how often do they need to eat? Similarly, right amount of sleep is a huge component in self-regulation for many children. If bedtime routine is off track, can we start to incrementally get back on track?

For adults – Can we prioritize what decisions we must make today, and which of those can wait? Is there a brief, five minute routine we can do in the morning and at night to help us centre and focus? Can we watch our caffeine intake and slot in some exercise? Can we be honest with ourselves about what's happening with our own emotions? Even as adults, we don't always know. We know our heart is beating faster; we have butterflies in our stomachs; we have racing thoughts. Often, we are not ready to explore the 'why's' of what's happening in the moment. It's crucial to set aside time to recognize and validate the feelings behind our experiences and to learn to harness tools to feel safer and more balanced before taking the next step – whether it's a quick walk, putting some music on, or putting out a call to a friend or family member.

Managing how our minds and bodies work in the world is something that many of us may never truly master, but working on it steadily over time can help us develop the persistence and discipline needed to reach our long-term goals.

Submitted by Point in Time Staff

A double rainbow just after sunrise over Dark Lake. /Submitted by Vivien Mausz

CLEAR OUT YOUR CLOSET AND MAKE A DIFFERENCE!

DROP OFF CLEAN & GENTLY USED CLOTHING & ACCESSORIES

- Monday, September 23 to Friday, September 27, 2024
- Fleming College Haliburton School of Art + Design
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- Donations will be accepted from 9 a.m. to 4 p.m.

No undergarments, bed linens, household goods or sports equipment.

BROWSE DONATIONS & PICK UP NEW CLOTHES & ACCESSORIES
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- Saturday, September 28, 2024
- 10 a.m. to 2 p.m.
- Great Hall - Fleming College Haliburton School of Art + Design
- Refresh your wardrobe with gently-used clothing at no cost!
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Legion Events

Branch 441 Kinmount

Monday: Social Cornhole 6:30 p.m.
Tuesday: Closed
Wednesday: Canteen opens at 6 p.m. with open darts to start at 7:30 p.m.
Thursday: General meeting (members) at 7:30 p.m. 3rd Thursday every month
Friday: Backyard BBQ 5 to 7 p.m.
Bingo: doors 0pen at 5:30 p.m. play starts at 6:45 p.m. $300 jackpot with a progressive $500 jackpot
Saturday: Canteen opens at 3 p.m. with meat draw to start at 5 p.m.
Sunday: Ladies Auxiliary meeting (members only) 3rd Sunday every month at 2 p.m.
Happy Hog Hoedown,
Saturday, Sept. 28: doors open 4 p.m., Dinner at 5 p.m. Cash only
Tickets $25 pp, Available at the Legion, J. Austins & Sons or call Dean 705-344-3497. Limited tickets. Smokey sow and tasty turkey with salads, baked beans and desserts. Games and music to follow.
Hall available to rent for any occasion, call 705-488-3462. Everyone is welcome to any events, to join our meetings then become a member. Follow our Facebook page – Royal Canadian Legion Branch 441 Kinmount. We are always posting new events. For all you ladies, join our Ladies Auxiliary, we are always looking for new faces. If you are interested, phone 705-928-7105!

Branch 129 Haliburton

Mondays: Bridge every Monday, 1 p.m. Schofield Rm.
Tuesdays: League darts 7 p.m.
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month - $1000 jackpot, rest will be a $500 jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week.
Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice.
Check our Facebook page Minden Legion Branch 636 for more info.

Branch 624 Wilberforce

Closed Sunday and Tuesday
Monday: Darts 7 p.m. Open 6 to 10 p.m.
Wednesday: 2 to 6 p.m. Darts 2 p.m.
Thursday: Open 2 to 10 p.m. Horseshoes 7 p.m.
Friday, Sept. 27 Wings and Jam night Seniors' Lunch
Saturday Meat draw Legion open 2 to 11 p.m.
For all your catering needs call the Ladies auxiliary at 705-448-2221

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email jennifer@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

A fawn stops for a photo. /Submitted by Lavdeep Jallandhra

A Cooper's hawk keeps on eye. /Submitted by Derek Spencer

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Dorset Tower - The beauty in letting go

KAREN PHIPPS
Walter & Me

SEPTEMBER ALWAYS feels like the beginning of a new year. January first may be the official beginning, but September feels like a fresh start, full of exciting possibilities. For as long as I can remember, my rhythm has always been linked to the ebb and flow of the school year. When the evenings start to get a little cooler and the days start to shorten, my mind begins to imagine ways to recreate, repackage, redefine my life. I think of it as having a performance review with myself and setting new goals, acknowledging some successes and identifying things that no longer serve me well.

Fall shows us that there is a beauty in letting go, in losing your cover and having faith that there will be a rebirth. There is both glory and sadness in the season which in some ways captures the beautiful contradiction of life's journey. The colours are spectacular as the leaves give their parting gift before falling to nourish the earth. There is comfort in the cycle, the predictability and a reminder that every living species is part of a cycle or circle of life.

The beauty of this season is celebrated by many. I have already seen several tour buses travelling our county, as the passengers seek visions of lovely vistas, rolling hills and breathtaking views of lakes and tree covered horizons. There are many places in our county that offer a breathtaking view from a high vantage point. Skyline Park in Haliburton, the Minden Lookout and of course, the Dorset Tower.

This week we ventured up to the Dorset Tower to get a peek before the crowds descend. The view never disappoints and the park is complete with trails, a gift store, lots of outhouses, sitting areas, and ample parking. We parked at the entrance as the walk up is only 800 metres and is a pretty easy stroll particularly if you have an 80 pound dog who is pulling you as he is anxious to get to the top. Advanced, timed entrance tickets are required for fall colour viewing from Sept. 21 to Oct. 14. Tickets will be available to purchase at www.ahtrails.ca Admission is $6.00 per person for walkers and $18.00 per car. Once at the top there are viewing areas, an information board that gives some history of the tower, and of course the tower itself.

Advanced, timed entrance tickets are required for fall colour viewing from Sept. 21 to Oct. 14.. /FILE

Walking up and down the tower is not for the faint of heart. I've done it once and that was good for me. The tower is 142 metres high and overlooks the Lake of Bays. From the top of the tower you can get 360 views of the Dorset area. The original tower was built in 1922 and was only 25 metres tall. In 1961 the tower was decommissioned. On the information board there is a picture of a man named Ferg McGuire who climbed the tower for 40 years. It surprised me to learn that from 1951-1960 part of his job was to watch for enemy aircraft. He was part of the Ground Observer Corps of the Royal Canadian Air Force.

The Tower was reconstructed in 1967 at the original site. It was initially only 30 metres tall but they added another 112 metres so that people could enjoy the views. The tower and trails are managed by the Township of Algonquin Highlands. The Dorset Scenic Lookout Tower Trail is 2.3 km long and is rated moderate. It was closed when we were there due to bear sightings. However, once the crowds start arriving it is likely the bears will move further away.

There is something about standing on a peak, a high vantage point that makes you breathe deep and stand tall. Living in the forest has its charms and beauty and there is a comfort in feeling cradled by the trees. To step out and to be able to see a place from a new perspective is powerful. On one hand it is humbling, on another it makes you dream of possibilities. Each year brings change, another ring in our story, another chance to recreate.

Fall reminds us that it is okay to let some things go, to get back to our true selves, without the fancy dressing. It's OK to be content with quiet, and to allow for some rest. Without letting go, without rest, renewal isn't possible.

The Dorset Scenic Lookout Tower Park is located at 1191 Dorset Scenic Tower Rd. (located off Hwy. 35, just north of the village of Dorset).

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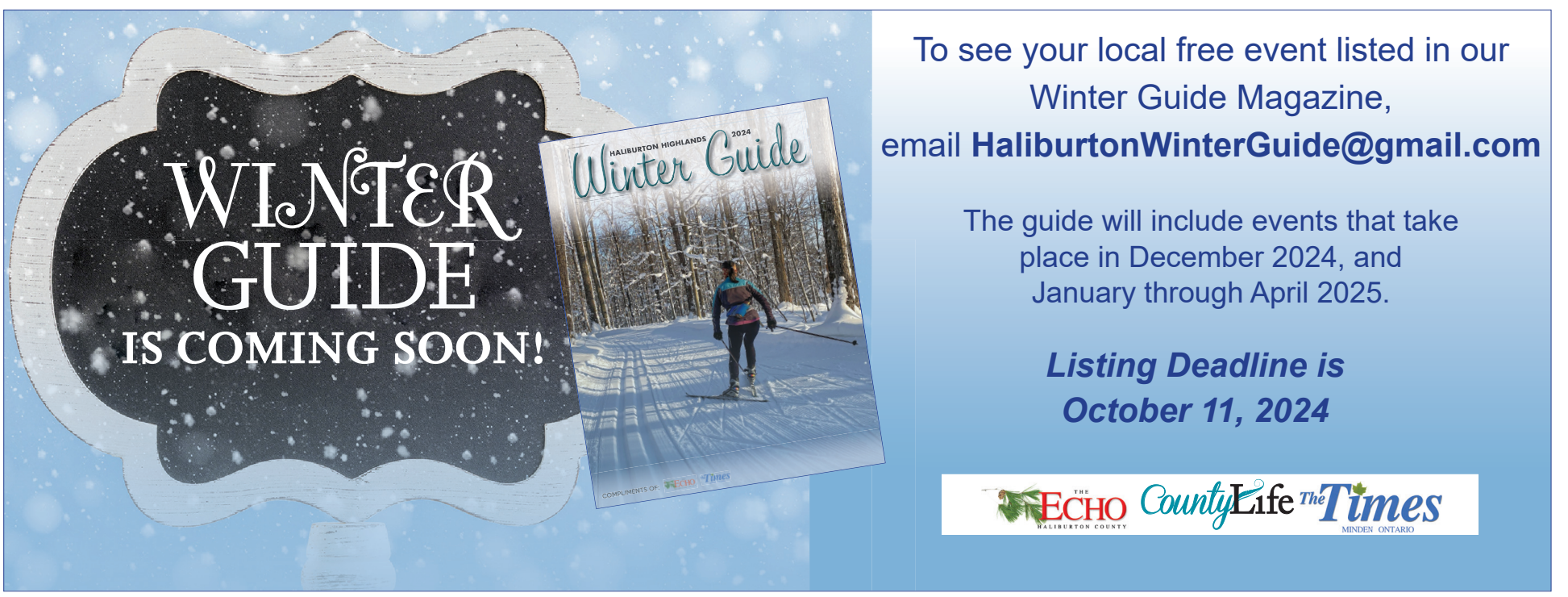
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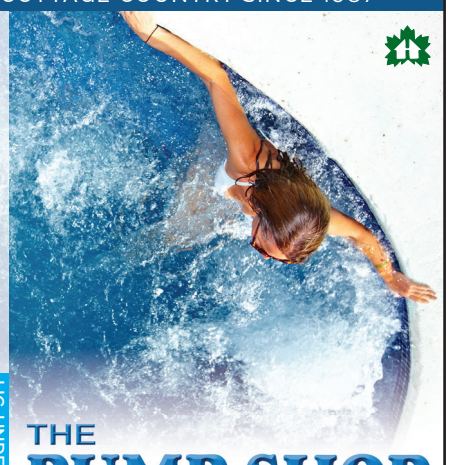

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Tuesday, September 18, 2012

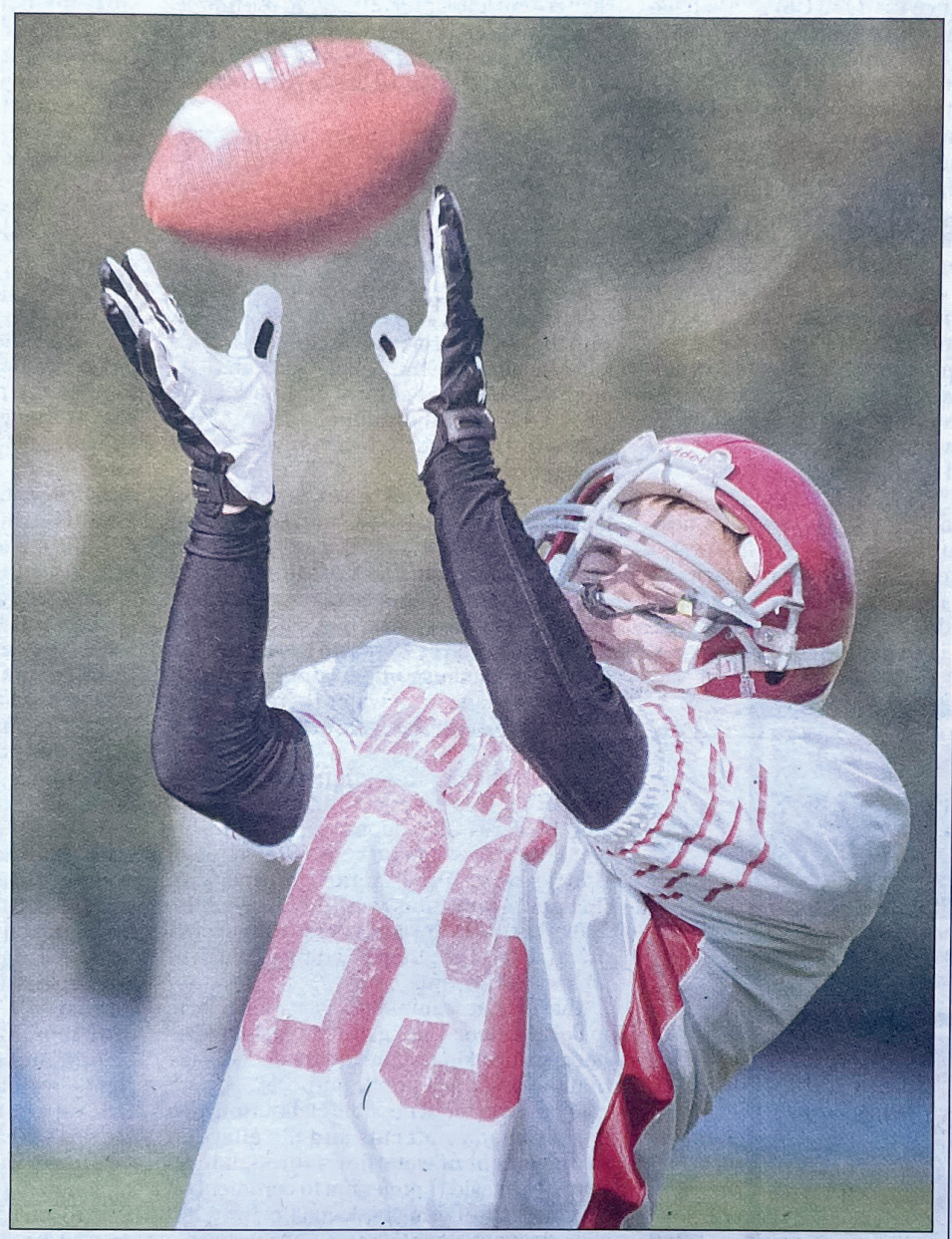
Winner of the OCNA Award for General Excellence

Terry Fox

Haliburton's annual run for cancer research 3

CARP

Haliburton chapter launches to crowd of hundreds 5



Catching up on school sports

Haliburton Highlands Secondary School Grade 9 athlete Devon Bangay catches a pass in a pre-season workout for the junior Red Hawks football team on Thursday, Sept. 13. The juniors are playing in the second tier and will play a five game regular season. Read more on page 24. **Darren Lum** Staff

Schools' test results mixed

Angelica Blenich
Staff reporter

Students in Haliburton County are faring well when it comes to literacy, however, there is room for improvement in the mathematics department.

Last week the province released its Education Quality and Accountability Office (EQAO) results for boards and individual schools throughout Ontario.

The standardized test assesses students in grades 3, 6 and 9 in the areas of writing, reading and mathematics.

While students at Haliburton Highlands Secondary School are succeeding at the academic mathematics level, with 86 per cent meeting or exceeding the provincial standard, at the applied level, numbers are down.

This past year, 47 per cent of Haliburton high school students in applied math met the standard, compared to 61 per cent at the board level and 44 per cent across the province.

HHSS principal Dan Marsden said the results are still worth celebrating.

"Our academics did very well; above the board and provincial average. At the applied level, even though we're below the board level, we're still above the provincial average," he said.

For Marsden the results will mean finding new strategies to improve.

"We'll look at some reasons as to why the success wasn't there and then try to implement some new strategies to find success for them," he said, adding he has spoken to the head of the school's math department about introducing new ideas.

The principal cannot point to just one reason for the

see SCORES page 4

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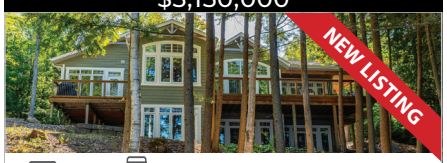

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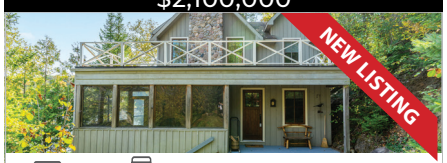

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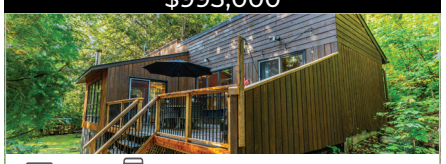
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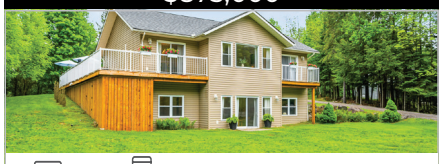
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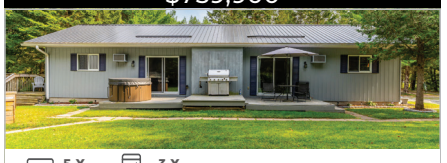
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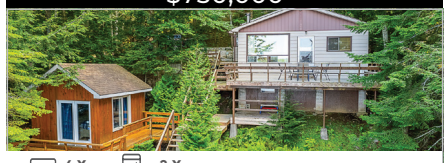
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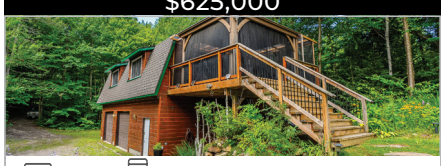
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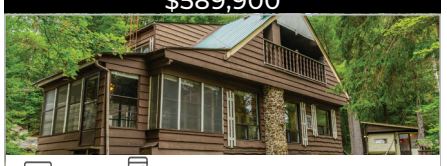
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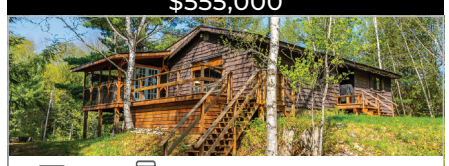
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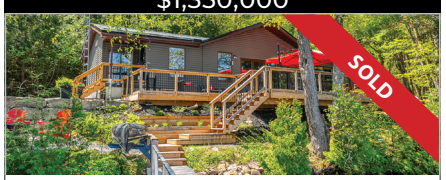

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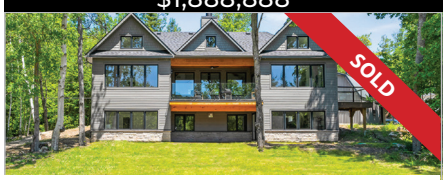
HALIBURTON LAKE $1,888,888


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